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World Refugee Year

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CALGARY CANADIAN CITIZENSHIP COUNCIL

INTERNATIONAL COOK BOOK

The Calgary Canadian Citizenship Council is a voluntary organization formed in 1950 to create among Canadians greater unity, tolerance and mutual understanding.

The recipes in this book have been contributed by members of the Citizenship Council to whom Canadian citizenship is a source of pleasure and pride.

It is the sincere wish of our members that the publishing and sale of this International Cookbook during WORLD REFUGEE YEAR, will benefit some of the homeless men, women and children called refugees. Human beings, who, in their search for freedom, have become nationless, and, therefore, look to all of us for the hope of a new life, for housing, for vocational training, and for the right to a future as normal, productive human beings.

What a refugee wants most is to cease being a refugee. It is to help the refugee help himself, therefore, that this Cookbook has been published, as part of our contribution to World Refugee Year. We hope that you will enjoy using it.

CALGARY CANADIAN CITIZENSHIP COUNCIL



PROCEEDS TO WORLD REFUGEE FUNDS

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N.B.—All recipes have been home-tested. All measurements are level.

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CALGARY

CANADIAN

CHILI

- | | |
|---------------------------------|--|
| 4 lbs. of ground beef | 1 tin tomato soup |
| 10 cts. suet | 10 pods mashed redpeppers (or chilies) |
| 6 small pods of garlic | 2 tbsps. (camellia) Kemena seeds |
| ½ cup chili beans | 2 tbsps. paprika |
| (Kidney beans, preecook in can) | ½ tin chili powder (½ or 1½ oz. tin) |
- Render suet in oven.

Sauce: Add two cups water to tin of tomato soup in saucepan. Add 1 tbsps. paprika, 1 tbsps. Kemena seeds and one-half of chili powder, also 5 pods of redpepper mashed. Salt to taste. Boil 10 minutes and then simmer.

Work balance of dry ingredients into the ground beef.

In heavy frying pan, put rendered suet and beef. When this starts to brown cut the garlic fine and sprinkle over the meat. Cook until brown and well done. Mix with sauce and beans and cook for ½ hour.

SWEET POTATO PIE

- | | |
|---|---------------------------|
| 2 large or 3 medium size sweet potatoes | 1 tsp. vanilla extract |
| ½ cup brown sugar | ½ tsp. cinnamon |
| ½ cup white sugar | ½ tsp. nutmeg |
| 3 eggs whipped together | ¼ tsp. ginger |
| 2 tablespoons of butter | ⅛ tsp. allspice or cloves |
| 1 cup of milk | |

Prepare a 9-inch pie shell (unbaked).

Boil the potatoes, peel, cool and mash. Add the other ingredients and mix well. Pour into pie shell and bake at 325° for 40 minutes or until well set.

CHOCOLATE CAKE

Measure into mixing bowl:

- | | |
|--|-----------------------------------|
| 2 cups sifted cake flour | 1 tsp. salt |
| 2 cups sugar | 1½ tsp. soda |
| ½ cup vegetable shortening (margarine) | 3 squares melted bitter chocolate |
| | ¾ cup milk |

Blend by hand or mixer (medium speed) for 2 minutes.

Stir in all by itself: ¾ tsp. baking powder.

Add: ½ cup milk, 3 eggs unbeaten and 1 tsp. vanilla extract. Blend by hand or in mixer (medium speed) for 2 more minutes. Pour into two 9-inch layer cake pans which have been rubbed with margarine and lined with heavy waxed paper. Bake in moderate oven (350°) for 35 to 40 minutes.

Cool cake and ice with Seven Minute Frosting.

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WESTERN ROUND-UPS

- | | |
|--|-----------------------------|
| 2 slices cooked ham, ¼ inch thick, cubed | 1 onion chopped fine |
| ½ lb. cheddar cheese, cubed | 2 hard cooked eggs, chopped |
| 1 small (4 oz.) bottle stuffed olives, chopped | ½ cup Chili Sauce |
| | 3 tbsps. salad dressing |

Mix together the above ingredients and spread on wiener buns which have been buttered. Wrap in foil, twisting ends of foil to seal. Heat about ½-hour at 300-325 degrees. Serve them still wrapped in foil. Also delicious heated over barbecue. This makes enough filling to generously fill 16 buns. Filling can be made the previous day and refrigerated.

HOT MILK CAKE

(An easy, quick recipe)

- | | |
|-------------------------------|---------------------------------|
| 2 eggs (room temperature) | 1 tsp. vanilla |
| 1 cup sugar | ½ tsp. salt |
| ½ cup milk | 1 cup cake flour (sifted first) |
| 1 tbsp. butter (or margarine) | 1 tsp. baking powder |

Method: Beat eggs until light. Add sugar gradually. Heat milk with butter until butter melts (not boiling). Add milk to egg and sugar mixture. Add dry ingredients which have been sifted together three times, and mix until flour mixture disappears. Add vanilla. Pour into 8-inch tube pan. Bake in oven at 400 degrees for 40 minutes. Invert until cool.

Ice with a fairly thin mixture of Butter Icing made from 1½ cups icing sugar, 3 tbsps. butter, grated rind of ½ orange, and enough orange juice to make of spreading consistency.

APPLE PIE

Pastry:

- | | |
|---------------|----------------------------|
| 1¼ cups flour | ½ cup lard (or shortening) |
| ¼ tsp. salt | 4 tbsps. cold water |

Sift flour and salt; cut in shortening with two knives or pastry blender until size of crumbs resemble small peas. Add water, a tablespoon at a time, mixing and pressing ingredients together with fork. Form in 2 balls. Chilling dough makes easier handling. Roll dough with rolling pin for bottom crust, fitting in 9-inch pie pan, and trim edge even with pan.

Filling:

- | | |
|--------------------|-----------------|
| 6 to 8 tart apples | ⅛ tsp. salt |
| ¾ to 1 cup sugar | ¼ tsp. cinnamon |
| 2 tbsps. flour | ⅛ tsp. nutmeg |

Pare apples, slice thin and fill the pastry-lined pie pan alternately with the sugar mixed with flour, salt and spices. Roll and adjust top crust. Trim edge to ½-inch around pan, and turn edge under lower edge of crust and crimp. Brush lightly with milk, and sprinkle lightly with sugar for a nicely browned crust. Bake in hot oven (450°) 20 minutes, then in moderate oven (350°) about 30 minutes. If apples aren't tart, add 1 tablespoon lemon juice.

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CHINESE

YUI YEUNG LOTJU

(Stuffed Green Pepper with Fish)

- | | |
|---|----------------------------------|
| 1 1/2 lbs. fillet of haddock or halibut | 1 tsp. salt |
| 1 tsp. Mee Boan (flavor intensifier) | 1/4 tsp. pepper |
| 2 tbsp. oil | 2 tbsp. Ling-Fun (tapioca flour) |
| 2 tbsp. imported soy sauce | 1 doz. medium-size green peppers |
| 2 tbsp. chopped scallions | |

Finely chop or grind haddock or halibut, adding Mee Boan, oil, soy sauce, scallions, salt, pepper and tapioca flour. Cut peppers in halves, scooping out centres.

Mix the fish thoroughly with the seasoning. Fill the green peppers with the fish mixture. Place filled peppers in a frying pan with 1 1/2 cups water. Cover pan firmly and cook over moderate flame for 10 minutes. Remove and serve. (Serves 4).

MOH-KOO-GYE CHOW-FON

(Fried Rice with Chicken and Mushrooms)

- | | |
|---|--------------------------------------|
| 1 bowl Chinese mushrooms (soaked 1/2 hour) | 1 tsp. Mee Boan (flavor intensifier) |
| 1/2 cup Spanish onions | 4 tbsp. imported soy sauce |
| 1 cup tender celery | 1 tsp. salt |
| 1/2 cup green onions | Pepper to taste |
| 2 cups cooked chicken | 1/4 cup cold water |
| 2 eggs (well beaten) | 4 cups cold cooked rice |

Slice mushrooms finely, dice Spanish onions, celery, green onions and cooked chicken. To mix seasonings: combine beaten eggs, Mee Boan, soy sauce, salt, pepper and cold water, and blend well.

Into a 10-inch frying pan, pour 8 tbsp. salad oil. Heat until hot and spread 4 cups of cold, cooked rice in pan. Keep turning and stirring for two minutes. Add mushrooms, chicken and vegetables. Keep mixing and cook for another 3 minutes, or until rice turns very slightly brown (toasted). Put in the egg seasoning mixture, stirring and turning constantly until the egg mixture is cooked. Cover pan and further cook over low flame for 5 minutes, or until rice is sizzling hot. Remove and serve hot. (Serves 4).

Note: Mee Boan used in above two recipes is a vegetable protein powder which has been used in Chinese cookery for several generations. It can be obtained in Calgary's Chinatown.

EGG ROLLS

- 6 eggs
1 1/2 cups sifted flour
1 1/2 tsp. salt
2 1/4 cups water
1/2 tsp. salad oil
Shortening or salad oil for deep frying

Filling:

- 1/2 lb. lean pork
1/2 lb. fresh (or 6 oz. can) mushrooms
1 large onion
1 cup (1/2 lb. cooked shrimps)
1 can bean sprouts (drained)
2 tsp. sesame seeds
1 tsp. monosodium glutamate
2 tsp. salad oil (for frying)

Beat eggs with a beater until light. Add flour and salt and beat until smooth. Now stir in the water. Heat oil in a little skillet (6" in diameter). Spoon about 2 tbsp. of batter into skillet and tilt pan so batter covers entire bottom. Fry over low heat until the edges begin to curl away from skillet. Fry one side only, then lift from pan and store on a tray until all batter with the exception of one-quarter is used.

Filling: Heat skillet with salad oil and saute pork. Add ingredients in order given. Season with monosodium glutamate, salt and pepper. Spoon this filling into the fried batter. Roll and seal with uncooked batter. Deep fry rolls in heated shortening.

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DANISH

A TYPICAL DANISH SUNDAY DINNER

PORKROAST WITH RED CABBAGE

Main Course

5 pounds of roast pork
½ tsp. salt

¼ tsp. pepper
2 cups water

Wash and dry the roast, rub with salt and pepper. Bake in roaster in a 325-degree oven for 2 hours.

Red Cabbage

1 big red cabbage
1 oz. butter
½ cup vinegar

2 apples cleaned and sliced
1 cup sugar
1 tsp. salt

Melt butter in a pot, add vinegar, salt, sugar. Then add the very finely sliced cabbage and apples. Let simmer stirring frequently.

Gravy

1 oz. butter
1 oz. flour
2 cups of juice from the roast

2 cups of red wine
½ tsp. mustard
Add gravy colouring

Melt butter, add flour, juice and wine, stir well. Then add the colouring and mustard. Pork roast, red cabbage and gravy served with boiled potatoes and pickles.

RUM PUDDING DESSERT

3 cups of cream
2 tsp. vanilla
3 eggs

¾ cup sugar
1½ packages of gelatine
½ cup rum

Boil cream 10 min. Cover gelatine in cold water 5 minutes, apply boiling water 2 minutes. Mix egg yolk and sugar, stir well. Boil cream 10 minutes, add gelatine. Pour in the egg and sugar and remove pot from stove, then add rum and the whipped egg whites. Warm fruit sauce may be served with this.

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DUTCH

COCKTAIL BITTERBALLS

- | | |
|--|---|
| 7 ounces (1¾ cups) medium done beef or calfmeat | ¼ cup flour |
| 1 cup seasoned bouillon | ¼ teaspoon lemon juice |
| 2 tablespoons butter | Pepper, egg white, rusk-crumbs, parsley |

Grind or cut the meat in small pieces. Melt butter, mix with flour; add bouillon gradually while stirring well. Finish sauce with pepper and lemon juice. Mix with meat. Spread mixture on a plate to cool off.

Cut in even pieces and roll small balls (about 24). Roll every ball thoroughly in rusk crumbs, then in egg white and again in rusk crumbs. Deep fry and serve hot with fried parsley. (Makes about two dozen).

STUFFED TOMATOES

- | | |
|------------------------------|--|
| 8 small or 4 large tomatoes | ½ slice bread |
| ½ lb. ground beef | Pepper, salt, nutmeg, rusk crumbs, parsley |
| 2 tbsps. butter or margarine | |

Wash tomatoes, cut off tops, hollow. Rub mixture of salt and pepper on inside of tomatoes. Strain scooped out remainder, mix with bread, salt, pepper, nutmeg and ground beef. Boil with 1¼ tablespoons butter until done (5 minutes).

Fill tomatoes with ground beef mixture and put in pyrex plate; spread any excess of stuffing between the tomatoes in the plate. Cover with rusk crumbs and remainder of butter. Cook in oven at 400° F. for 15 minutes. Serve with chopped parsley. (4 persons).

This is an entree but may be served as a full course with macaroni, rice or potatoes in any form, and another vegetable.

APPLE BEIGNETS

(Dessert)

- | | |
|-----------------------|--------------------------|
| 5 tart apples | 1 egg |
| 3 tablespoons sugar | ½ cup milk |
| 1 tablespoon cinnamon | ⅛ teaspoon salt |
| 2 cups flour | ½ teaspoon baking powder |

Peel apples and cut in slices about ½-inch thick. Put in bowl and cover with sugar and cinnamon mixture; leave standing for ½-hour.

Mix flour, salt, baking powder, milk and egg till smooth.

Dip apple slices in batter and deep fry; sprinkle with icing sugar.

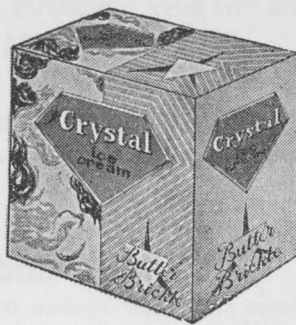
As the seaboard of Estonia 1159 KM is longer than continental board and there are numerous islands, rivers and lakes, fishing was of considerable social and economic importance. About 20,000 tons of fish were caught annually in Estonia. There were herrings, anchovies, perch, perch pike, eels, etc. Fish meals are very common. They are prepared as cooked, salted, smoked, baked in oven, etc.

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★ Crystal ICE CREAM



ESTONIAN

STUFFED FISH (WHITE OR ANY LARGER FISH)

Ingredients:

- | | |
|-------------------------------|-------------------------------------|
| 2½ - 3 lbs. fish | ½ teaspoonful salt |
| 2 to 3 oz. butter | ½ cup dry bread crumbs |
| 1 cup cream or milk | 2 eggs (white separated and beaten) |
| 1 pinch pepper and muscat nut | Juice from ½ lemon |

Decoration:

1 cooked egg, slices of lemon, cucumbers, celery leaves and mayonnaise.

Clean and wipe the fish; cut the skin around the head and peel the fish carefully; cut bone through at tail; remove bones and entrails, chop fillet finely adding bread crumbs, milk and butter, seasonings, egg yolks, beat until light, add well beaten egg whites and lemon juice. Replace the above ingredients in fish skin, restitch head. Boil in salted water wrapped in cheesecloth, simmer for 20 to 30 minutes. Place on platter, let cool, remove stitches, cut in one inch slices, and decorate with above decorations.

SCALLOPED FISH (ANY FISH CAN BE USED)

Ingredients:

- | | |
|------------------------|--------------------------------|
| 1¼ lbs. fillet | 1 tablespoonful butter |
| ½ cup whipped cream | 1 tablespoon dry bread crumbs |
| ½ cup canned mushrooms | 1 tablespoon dry cheese powder |

Wash fillet, salt for 10 minutes, arrange fish in well greased baking dish with mushrooms that have been browned in butter. Pour cream over and cover with bread crumbs. Bake in 350 degrees oven until browned on top. Decorate with: 2 tomatoes sliced and parsley leaves.

FLOATING ISLANDS

Ingredients:

- | | |
|---------------------|--|
| 5 eggs (separated) | 3 cups milk |
| 5 tablespoons sugar | ¼ vanillabean or 1 tsp. of vanilla extract |

Cream egg yolks and sugar well. Beat egg whites with 1 tablespoon white sugar until peaks are formed. Heat milk with vanilla to boiling point and place egg whites on top of boiling milk in spoonfuls for a few minutes. Remove balls from milk and place on plate. Add creamed egg yolks slowly to the milk stirring constantly until milk thickens, cool. Pour into a large dish and decorate with egg white balls. Chill.

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FAR EAST RECIPES

BABIE KETJAP (SPICY PORKMEAT IN SOYA SAUCE)

- | | |
|---|--------------------------|
| 2 lbs. boneless pork meat (diced cubes) | 1 tbsp. Laos |
| 4 big chopped onions | 3 Djeroek Poeroet leaves |
| 1 tsp. boemboe sesateh | 1 tsp. salt |
| 2 tsp. Djahe | 2 tsp. brown sugar |
| 2 Salem leaves | 3 red peppers |
| 2 tbsp. margarine | 3 tbsp. Soya sauce |
| 4 chopped small cloves of garlic | ½ tsp. pepper |
| 2 tbsp. Assam-water | |

In heavy frying pan, saute onions and garlic in margarine until brown, add diced pork meat with the onions, salt and pepper, stirring 10 minutes on heat until browned. Add all the ingredients, mixed well all together, mix Soya sauce with ½ cup of water plus assam water and let it simmer for 1½ hours at low heat, till tender. 4 servings.

SAMBAL GORENG OEDANG (SHRIMP DISH)

- | | |
|----------------------------------|----------------------------------|
| 3 red peppers | 1 tsp. goela djawa |
| 8 Kemiries | 1 tsp. salt |
| ½ cup Tamarinde water | 3 chopped small cloves of garlic |
| 1 pkg. (8 ounces) cooked shrimps | 4 Salam leaves |
| 2 tbsp. margarine | 2 cups of santen or milk |
| 3 onions chopped | 1 pkg. frozen cut green beans |
| 2 tsp. Laos | ½ tsp. pepper |

Rub the kemiries fine with laos and onions, fry with margarine until golden brown; add assam water with goela-djawa, salam-leaves, let it simmer on low heat for 10 minutes. Add 2 cups of santen or milk till thickened, stir slowly cut beans and shrimps all together for ½ hour on low heat. 4 servings.

GADO-GADO

(Spicy peanut butter sauce to serve with different kinds of vegetables)

- | | |
|----------------------------|--------------------------------|
| 4 tbsp. peanut butter | 1 cup santen or milk |
| 2 chopped onions | 1 tbsp. vinegar or lemon juice |
| 2 chopped cloves of garlic | 1 lb. cooked cabbage |
| 6 kemiries | 1 tin bean sprouts |
| 1 tsp. laos | 1 tin cut beans |
| 2 tsp. djahe | 4 hard boiled eggs |
| 1 red pepper | 1 tbsp. margarine |
| 1 tsp. goela djawa | |

Saute chopped onions and garlic and the ingredients golden brown, add peanut butter with santen or milk together till thickened, vinegar or lemon juice. If sauce is too thick add more milk.

Serve all the vegetables on deep plate and pour the peanut butter sauce on top. Over the sauce put slices of hard boiled eggs and fried onions.

EXPLANATION OF INGREDIENTS

(Some can be bought at European Import Shop)

Boemboe Sesateh, combination of different spices, curry, Laos, Djahe. **Laos**, kind of ginger root. **Salam-leaf**, kind of bay leaf. **Djahe**, Ginger. **Djeroek Poeroet leaves**, leaves of green small lemons, grows only in tropic climate. **Assam-tamarinde**, sort of fruit, very sour, they sell it in cake form, use drain hot water with assam and use only assam water. **Kemiries**, sort of almonds, rub fine for using. **Goela-Djawa**, Javanese sugar (sort of brown sugar). **Santen**, coconut milk; to use: pour hot water over coconut, pinch the coconut juice out in a bowl, and do this several times over and over until the white juice is clear. (It must be thick white for using it.) **Red pepper**, fresh or dried pepper can be used.

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FRENCH

FRENCH CANADIAN PORK PIES

Make pie crust as usual, using $\frac{1}{4}$ less shortening, 1 tsp. of baking powder may be added if desired.

2 lbs. ground pork—I prefer shoulder
1 large onion
Salt to taste

Pepper
Dash of cloves and nutmeg

Cook under low fire stirring constantly till very well done. Add to unbaked pie shell, cover with pie crust. Bake at 450° — 15 to 20 minutes. Pork pies are at their best made and frozen until ready to use. Just reheat.

EGG PLANTES WITH TOMATO GRATINEES

3 egg plantes
4 tomatoes
1 clove of garlic, salt, pepper

2 ozs. parmesan cheese (or Swiss)
1 whole clove Thyme

Slice the egg plantes and soak them in salted water for about 1 hour. Quarter the tomatoes. Then saute in oil; egg plantes, tomatoes with salt, pepper, garlic cut very fine, thyme and clove. As soon as cooked place in a baking dish, cover with the grated cheese and spread on top a little bread crumbs and parsley. Place under broiler until brown, and serve. 4 servings.

FRENCH COOKIES

Mix 9 ozs. flour, $4\frac{1}{2}$ ozs. sugar, $4\frac{1}{2}$ ozs. butter in about $\frac{1}{2}$ cup of milk until very smooth. Roll down to $\frac{1}{4}$ -inch and cut with a cookie cutter. Bake on a buttered tin at 350°F . 12 to 15 minutes or until brown.

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INDIVIDUAL SERVICE.

GERMAN

BEEFROULADES — RINDERROULADEN

- | | |
|--|---------------------------|
| 4 slices of beef (6 - 8 oz. each and 1/3 inch thick) | 2 onions |
| Mustard | 1 tablespoon fat |
| 1 teaspoon salt | 2 - 3 cups water |
| Dash of pepper | 1 tablespoon potatostarch |
| 4 strips of bacon | 1 teaspoon salt |

Have the butcher cut 4 slices of beef. Spread each thinly with mustard, sprinkle with salt and pepper. Cut bacon and onions in small cubes and put evenly onto the meat slices. Roll up and fasten with toothpicks. Brown in hot fat on all sides. Take out of skillet and place in a saucepan with salted, boiling water. Simmer for about 2 hours. For the sauce mix starch with cold water and stir in. Let cook for two more minutes or until thick and smooth.

RED CABBAGE — ROTKOHLE

- | | |
|---|---------------------------------------|
| 2 lbs. red cabbage (finely shredded) | 2 tablespoons vinegar |
| 1 tablespoon fat (lard, or better, goose-fat) | 1/2 cup water |
| 1 big onion | 3 - 4 sour apples (peeled and sliced) |
| 1 teaspoon salt | 1 tablespoon sugar |
| | 1 bay leaf, 2 - 4 cloves, if desired |

Remove wilted leaves and wash cabbage. Shred finely. Glaze chopped onions in fat, then put the cabbage in and glaze a little longer. (Please use fairly large saucepan). Add remaining ingredients, cover and cook on low flame for about 1 hour. Instead of water you may use white or red table wine to make it more delicate.

BUTTERCREAM ROUND CAKE (FRANKFURTER KRANZ)

Cake:

- | | |
|--------------------|---|
| 4 oz. soft butter | 1 1/4 cups sifted all purpose flour |
| 3/4 cup sugar | 5 tablespoons corn starch or potato flour |
| 3 eggs | 2 teaspoons baking soda |
| 1 teaspoon vanilla | |

Buttercream:

- | | |
|-------------------------------|--------------------------|
| 5 tablespoons vanilla custard | 2 cups milk |
| 4 oz. sugar | 1/2 lb. salt free butter |

Filling:

- | | |
|--------------------------------|--|
| 5 tablespoons orange marmalade | 1/2 lb. peeled and shredded almonds or hazelnuts |
| 1 teaspoon butter | |
| 2 tablespoons sugar | |

Top Croquant:

Cream butter in a mixer, gradually add sugar and eggs, beat for about one minute at medium speed, add vanilla. Turn to low speed and gradually add sifted flour, one tablespoon at a time. Mix starch with baking soda and proceed as above. Bake in a round greased tube pan of about 18" to 20" at 375° F. for about 35 minutes.

For buttercream bring milk — except for 6 tablespoons — and sugar to boil, take off heat and pour mixture of remaining milk and custard into the milk. Cook for one minute. Pour into a wide bowl for cooling. Stir frequently to prevent formation of a crust. Cream unsalted butter and add the cooled custard spoonwise. Make sure ingredients have the same temperature to prevent coagulation.

For the top — or Croquant — heat butter and sugar in a heavy skillet until it is light brown, add peeled and shredded almonds or hazelnuts and brown while stirring. Put on waxed paper for cooling.

Cut the thoroughly cooled cake into 3 or 4 layers, depending on its height. Spread buttercream onto first layer, orange marmalade onto second layer, and buttercream onto the third layer, providing there is a fourth one. Put top layer on and spread remaining buttercream over the whole cake. Sprinkle with cooled Croquant. For further decoration you may use your imagination.

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- | | |
|---------------------------------------|--------------------------|
| 1 large potato, mince in food chopper | Salt and pepper to taste |
| 1 small onion, mince in food chopper | 1 or 2tbsp. water |
| 1 lb. hamburger or minced steak | Short pastry |

Method: mix minced potato, onion, meat, salt and pepper. Cut rounds of pastry about size of a saucer, put 1 large tablespoon meat mixture on pastry, sprinkle with a little water, wet edges of pastry, seal. Bake in 425° over for 15 minutes, turn oven to 375° and bake another 35 to 45 minutes.

IRISH POTATO CAKES

- | | |
|----------------|------------------|
| 1 lb. potatoes | 1 oz. margarine |
| 1 tsp. salt | 3 or 4 oz. flour |

Method: Boil, drain and sieve potatoes, add salt and margarine and work in flour, knead the dough lightly on floured board, roll to 1/4-inch thick and cut in triangle to cook on hot greased griddle till brown on both sides. Serve hot with butter.

SCOTCH EGGS

- | | |
|-------------------------|----------------|
| 1/2 lb. sausage meat | 1 beaten egg |
| 3 or 4 hard boiled eggs | Bread crumbs |
| 2 tsp. seasoned flour | Fat for frying |

Method: Shell eggs, roll in seasoned flour, cover each egg with sausage meat. Brush with beaten egg, roll in bread crumbs, fry in deep fat. Don't hurry cooking as sausage meat needs cooking through.

WELSH RAREBIT

- | | |
|-------------------------|----------------------|
| 4 oz. soft, mild cheese | Pinch cayenne pepper |
| 1/4 tsp. dry mustard | A little milk |

Method: Grate cheese, add mustard, pepper and enough milk to moisten, melt this in a double boiler over low heat till creamy. Pour on hot toast. This can be put under broiler until golden brown.

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HUNGARIAN

GULYAS LEVES

(Hungarian Gulyas)

$\frac{3}{4}$ lb. veal
 $\frac{3}{4}$ lb. beef
Bacon

2 onions
1 tbsp. paprika
4 medium potatoes

Slightly brown small squares of bacon in heavy pan. Add sliced onions and saute until onions turn yellow. Cut veal and beef into cubes and add to bacon and onions. Mix in 1 tablespoon paprika. Cover with water and simmer for one hour. When meat is half cooked add diced potatoes. (Carrots and parsley diced may be added if desired). Add more water to cover and simmer until meat is well cooked, approx. $\frac{1}{2}$ hour. Salt to taste. Serves 4.

CSOROGÉ

(Celestial Crusts)

6 egg yolks slightly beaten
1 tbsp. sugar
 $\frac{1}{2}$ oz. rum or rum flavoring

Few grains salt
Flour
Shortening for frying

Beat egg yolks, add sugar and rum and enough flour to make a stiff dough. Set dough aside for 20-25 minutes.

Roll out dough $\frac{1}{4}$ " thick, then cut into 2" squares and cut a 1" slit in the centre. Deep fry squares in hot shortening until light brown; drain on absorbent paper and dust with powdered sugar.

DOBOS TORTA

(Drum Cake)

10 eggs (separated)
 $\frac{1}{2}$ lb. icing sugar

$\frac{3}{4}$ cup flour

Beat egg yolks until creamy and slowly add icing sugar. Cream well. Add sifted flour and mix well. Fold in the stiffly beaten egg whites. Bake in very thin layers in moderate oven. Cool. Makes 12 to 14 layers, 2 at a time.

Cream Filling:

$\frac{1}{2}$ lb. dark chocolate
 $\frac{1}{2}$ lb. sugar

6 egg yolks
 $\frac{1}{2}$ lb. butter

Melt chocolate in small amount of water. Cook sugar in small amount of water until thick and syrupy. Combine chocolate and syrup and cook slowly until blended, cool slightly. Beat egg yolks and stir into slightly cooled mixture. Cream butter, and add to mixture and mix well. Fill layers and cover the sides of the cake. Topping for cake is made by browning 4 tbsp. sugar in heavy skillet. When brown, pour on top of cake and spread with a spatula.

COMPLIMENTS OF

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ITALIAN

RAVIOLA

(Serves 6)

Make strips 3 inches by 2 inches of: $1\frac{1}{2}$ cups flour, 1 egg yolk and warm water. Sift flour on board, make depression in center and drop in egg yolk, moisten with warm water to a stiff dough. Knead until smooth, cover and let stand 10 minutes. Roll paper-thin with rolling pin and cut into strips. Put the following filling by teaspoonsful on half of strips and fold over, press firmly along edges.

Filling:

Mix 1 cup dry cottage cheese, 2 eggs, cinnamon, grated orange rind and rum flavor. Now, cook raviola 15 to 20 minutes in chicken stock or rapidly boiling salted water, take up with skimmer, arrange in layer on hot serving dish. Sprinkle each layer generously with grated Parmesan cheese and cover with the following tomato sauce, and mushrooms.

Sauce:

4 tbsp. Italian tomato paste, $1\frac{1}{4}$ cups water, 2 tbsp. flour. Add 1 cup water to paste. Mix flour with $\frac{1}{4}$ cup cold water. Stir until smooth. Add to tomato mixture. Cook 2 minutes, stirring constantly.

PIZZA PIE

Dough:

$\frac{1}{2}$ cup milk
4 tbsp. butter

$1\frac{1}{2}$ cups sifted all-purpose flour
 $\frac{1}{2}$ tsp. salt

1 envelope active dry yeast

Combine milk and butter and scald. Allow to cool until tepid and then sprinkle with yeast. Allow to stand in warm place, free from drafts for 10 minutes. Sift flour and $\frac{1}{2}$ tsp. salt together. Add to yeast mixture. Knead hard for 5 minutes. Place on well-greased pizza pan, cover and allow to stand in warm place, free from drafts until double in bulk. Punch dough down and smooth with hands until pan is covered about $\frac{1}{4}$ inch thick. Spread on the following: Sausage meat which has been partially braised, mushrooms fired in butter. Mix together and add olive meat, tomato sauce and sprinkle with $\frac{1}{3}$ cup grated Parmesan cheese. Combine 2 tsp. parsley, $\frac{1}{4}$ tsp. rosemary, sage or oregano, $\frac{1}{2}$ tsp. marjoram with $\frac{1}{2}$ tsp. salt and sprinkle over top of pizza. Bake in a 400 degree oven for 10 to 15 minutes.

Different fillings can be made using diced salami, pepperoni sausage, anchovies, hamburger or shrimps, suited to taste.

ZABAGLIONE (Dessert)

4 egg yolks
2 tbsp. powdered sugar

2 tbsp. Marsala wine

Beat egg yolks with sugar until thick and lemon-colored. Put in heavy, round-bottomed bowl and set over hot water. Beat constantly with rotary beater, adding wine little by little, until mixture is beginning to hold its shape but still is smooth. Mixture should not cook too long or crust will form on bowl. If this happens, pour out without scraping bowl. Remove from heat and pile immediately into thick cups or dessert glasses, heated. Serve warm, or very cold, with simple wafer, not very rich or sweet. Serves 2 or 3.

Also delicious served over pears in large serving platter. Drain pears thoroughly, pour over warm Zabaglione and chill until ice-cold.

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JEWISH

APPLE KUGEL

(Can be served with a meat dish or as a dessert)

Dough:

6 tablespoons oil
6 tablespoons cold water

1 cup flour
Salt

Filling:

Strawberry jam
3 apples (sliced as for pie)
Raisins (optional)

Brown sugar
Coconut (optional, handful)
Lots cinnamon (optional)

Method:

Whip oil and water and add the flour. Roll out the sticky dough on loads of flour to a rectangle fairly thin (it should look like a stretched dough but not as thin). Spread the filling on the dough and roll up as jelly roll (long and thin). Take the long thin roll and roll in the shape of a snail and place in a well greased casserole. Bake at 375° ½ hour covered and ½ hour uncovered.

GEFILTE FISH

(Fish Balls)

2½ lbs. white fish (filleted and skinned)

2 medium carrots
3 stalks celery
2 medium onions
2 tsp. salt

1 tsp. sugar
Pepper
2 eggs
1 cup cold water

Fry carrots, celery and onions in oil until golden brown. Cool. Put fried vegetables and fish through food chopper. Beat in mixmaster for 5 minutes. Add eggs one at a time; add salt, pepper to taste, and sugar and beat well. Add water gradually, beating constantly. Total beating time is approx. 15 minutes. Shape fish mixture into balls and place in a large pot. Cover with cold water. Celery tops and onion, one or two carrots and salt can be added to the water. Bring fish to a boil and cook slowly approx. 3 hours. Place fish on a platter to cool.

ESSEC FLEISH

(Sweet and Sour Meat)

4 lbs. chuck roast
2 large onions
1 cup sugar

Juice from 2 lemons
6 - 8 ginger snaps

Method:

STEP 1: Slice onions in bottom of roaster, add the chuck roast cut in small pieces, salt to taste. Add about 3 or 4 cups of water and cook covered for 1 hour at 325°.

STEP 2: Dissolve 6-8 ginger snaps and ½ cup of sugar in the lemon juice, pour over the meat and cook for another hour.

STEP 3: Carmelize ½ cup sugar, pour over the meat, let it cook another hour or 1½ hours.

STEP 4: Just before serving make a paste with 1 tbsp. flour and water to thicken gravy.

Note: This recipe is best when cooked at least 4 hours and should be stirred fairly often.



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LATVIAN

FISH CHOWDER

- | | |
|-----------------------|-----------------------|
| 2 pounds of whitefish | 2 tomatoes |
| 2 quarts of water | 1 tbsp. of fat |
| Salt and pepper | 2 - 3 tbsps. of flour |
| 2 bay leaves | 1/2 sliced lemon |
| 2 onions | 1 yoke |
| 6 - 8 potatoes | 1 tbsp. sour cream |

Clean and wash the fish leaving head and tail and put to cook with cold water, adding salt, pepper and bay leaves. When the fish is done, remove it from the broth and put it aside covered. Sift broth and pour it back into the pot. Add diced potatoes as well as sliced tomatoes and onions. When the vegetables are done, add the fat to the boiling broth and the flour mixed with a bit of cold water. Add also the fish which has to be divided into pieces. Beat in the tureen the yoke together with the sour cream and pour the hot broth slowly over the mixture, stirring the soup carefully. Add lemon slices and serve.

BEEF ROLLS

- | | |
|------------------------|-----------------------|
| Tenderized steaks | 1 cup chopped onion |
| Piece of side bacon | Pepper and salt |
| Dill pickles | 1 spoonful flour |
| 1 cup grated rye bread | 1 spoonful sour cream |

Spread steaks on a board and sprinkle them with salt and pepper. Cover meat slices with a layer of bread crumbs and chopped onion. Cut long dill pickles lengthwise into four parts as well as pieces of bacon of the same length and 1/2" thick. Put on the edge of each steak one piece of dill and one piece of bacon. Roll steaks around this dressing and tie rolls up with thread. Fry steaks in hot fat turning rolls in order to obtain evenly browned steaks. Cover browned rolls with hot water or broth and let simmer until tender. Remove thread from the rolls and arrange them on a platter. Thicken sauce with flour and sour cream, pour it over the rolls and serve them with mashed potatoes.

BUBBERT CREAM

- | | |
|---------------------------|-------------------|
| 1 quart of milk | 4 tbsps. of flour |
| 4 eggs | 1 tbsp. of rum |
| 1/2 cup of sugar | Vanilla |
| 1/2 cup of grated almonds | Pinch of salt |

Beat eggs with sugar and salt, adding a bit of cold milk. Mix well and pour mixture into the boiling milk. Add almonds, vanilla and rum. Whip well during several minutes while cream is simmering on the stove and pour it into rinsed bowl. Serve cold with red fruit sauce — raspberries, strawberries, cherries, etc. Serves 8.



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LITHUANIAN

STUFFED GOOSE

Ingredients:

- | | |
|-------------------|---------------------|
| 7 lb. goose | 1 tablespoon butter |
| 4 cups sauerkraut | 4 small onions |
| 1 tablespoon salt | |

Clean goose; rub with salt and carraway seeds; cook 4 cups sauerkraut with butter and chopped onions until half cooked. Fill goose with sauerkraut and roast in 325 degrees oven, baste goose every 10 - 15 minutes. Allow 30 minutes to each 5 lbs. stuffed weight.

CHOPPED HERRING

Ingredients:

- | | |
|-------------------------|----------------------|
| 4 - 5 salted herrings | 1 apple, grated |
| 2 slices of white bread | 1 hard boiled egg |
| 2 tablespoons salad oil | 1 medium sized onion |

Soak herring in water for 12 hours, peel skin, remove bones, chop fillet fine, add white bread soaked in salad oil, dash with pepper and grated apple. Mix all ingredients. Place on plate in shape of herring, spray with oil. Decorate with finely chopped hard boiled egg and parsley.

COLD REFRESHMENT WITH RED WINE

Ingredients:

- | | |
|-----------------------------|-------------------|
| 1 tablespoonful of sugar | 1 slice of orange |
| 1 tablespoonful lemon juice | Soda water |
| 1 cup red wine | |

Mix lemon juice and sugar, add wine and one slice of orange, add ice cube. If weaker drink desired add cold soda water.

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NORWEGIAN

FAARIKAAL

(Lamb and Cabbage)

2 pounds lamb, cubed
4 tablespoons butter
1 medium sized cabbage

$\frac{1}{4}$ teaspoon whole peppers
1 teaspoon salt
 $\frac{3}{4}$ cup sour cream

Method: Brown meat in butter, add seasonings and about 2 cups water, cover and simmer until nearly done; add cabbage cut into eighths and cook uncovered about 20 minutes. Add sour cream. Heat thoroughly before serving but do not let it boil.

APPLE SALMON SALAD

2 diced apples
2 tbsp. lemon juice
1 lb. can salmon

Salt and pepper

Salad Dressing

$\frac{1}{2}$ tsp. salt
1 tsp. mustard

Cayenne

1 tsp. sugar
1 tbsp. butter
 $1\frac{1}{2}$ tbsp. flour
1 egg
2 tbsp. vinegar
 $\frac{3}{4}$ cup milk

Sprinkle the diced apples with lemon juice. Flake the salmon and add to the apples. Season and add the salad dressing as follows: Mix dry ingredients, add butter and milk. Cook over boiling water until mixture thickens. Add egg, slightly beaten, cook one minute longer; cool slightly, then add vinegar slowly. Chill before using.

BERLINER KRANDSER

1 cup sugar
6 cups flour
1 lb. butter

3 hard boiled egg yolks beaten with 4 raw eggs

Break dough in small pieces; form into rolls the length and thickness of a pencil. Form into a ring bringing ends through in a single knot, leaving half inch ends on each. Dip first in egg white, then in crushed lump sugar. Bake same as cookies.

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POLISH

"BIGOS" — POLISH SAUERKRAUT

- 2 cans sauerkraut
- 1 small (head) of cabbage (shredded)
- ½ lb. pork roast
- ½ lb. Polish sausage
- ½ pkg. side bacon (smoked)
- 1 medium onion

- 1 small can of mushrooms (or one basket of fresh mushrooms)
- ½ can stewed tomatoes
- 2 tbsp. flour
- Salt and pepper (to taste)
- Paprika

Cook:

After rinsing, cook sauerkraut slowly on top of the range, together with shredded cabbage, tomatoes and mushrooms.

Fry:

Bacon, chopped onions, polish sausage, also cubed pork and mushrooms. Add to boiling sauerkraut and cook all together for 50-60 minutes.

Finish:

With remaining bacon rind use to brown 2 tbsps. of flour, add 1 cup cold water making sort of a thick gravy. Add salt, pepper, paprika, ½ tsp. of white sugar to taste to the gravy, then pour into the sauerkraut and mix.

POLISH STEW WITH DUMPLINGS

- 1 ½ lbs. pork
- 1 ½ lbs. beef
- 1 large onion

- 1 lb. vegetables: carrots, peas, celery, beans, tomato (1), cabbage
- 1 bay leaf
- Salt, pepper

Wash the meat, then cut in cubes, brown in hot fat. Fry onion, add salt, pepper, bay leaf covered with small amount of boiling water. Cook until meat is tender. Add vegetables for finishing. (Cooking time about 2 hours). Serve with dumplings and sauerkraut.

POLISH DUMPLINGS

- 1 ½ lbs. potatoes
- 2 eggs
- 1 ½ cups flour

- 4 oz. dry bread crumbs
- 5 oz. butter
- Salt to taste

Mashed or minced cooked potatoes, mix with flour and eggs to a dough. Form into little balls. Put into kettle of salted, boiling water. Cover and cook on medium heat for 10-15 minutes. When ready put on a platter and serve with brown buttered crumbs. Can be served with any meats, and vegetables, **instead** of potatoes or macaroni.

WALNUT OR PECAN CAKE WITH COFFEE FILLING

- 8 oz. icing sugar
- 8 oz. walnuts
- 5 egg whites
- 1 whole egg
- 1 whole lemon

- 1 tsp. vanilla extract
- 1 tsp. baking powder
- 4 oz. enriched flour
- 4 oz. bread crumbs (very finely ground)
- 2 oz. butter

Grease deep round cake pan (8 inch) with butter. Cream butter with sugar, whole egg, lemon rind and vanilla. Add: flour, bread crumbs, baking powder and walnuts. Beat egg whites stiff but not dry. Add to the cake mixture with fine shredded lemon peel. Pour into greased cake pan and bake at 350° for 40-45 minutes.

Cut cooled cake into (3 layers) frost with below filling and decorate with remaining walnuts.

Coffee Filling:

- ½ lb. butter (salt free)
- 8 oz. conf. sugar
- 3 egg yolks

- 1 oz. Nescafe
- 1 oz. rum or whisky
- About 12-15 whole pecan nuts for decorations.

Combine salt free butter with sugar, egg yolks (one at a time) mixing it vigorously. Add rum or whisky and at the very end Nescafe.

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SPANISH

SPANISH RICE

Spanish rice can be made with frying chicken, or pork tenderloin, spareribs, or fresh or canned shrimp and lobster. 1 cup of uncooked rice serves 3 persons. Meat or fish, vegetables, rice and water can be increased or decreased depending on number of servings required.

Cut chicken or meat in small pieces. Have butcher crack spareribs. In a heavy frying pan put 6 tbsp. of cooking oil, cut up one or two cloves of garlic and add. Add meat and fry until meat is cooked, turning frequently. Then add 1 cup of vegetable peas, lima beans or bean sprouts, $\frac{1}{2}$ cup chopped red peppers, $\frac{1}{4}$ teaspoon of Spanish Safran (can be bought at Hudson Bay Co.), 1 tbsp. of H.P. sauce, salt to taste. Add rice and cold water, for each cup of rice, two cups of water. When it starts to boil, simmer for 15 minutes. Turn the heat off, cover the pan and let stand for 15 minutes, and serve hot. Serves 3-4.

VEGETABLE-MEAT OMELET

6 eggs

1 sliced onion

Sliced raw potatoes can also be fried with

onion

6 tbsp. cooking oil

2 cups cooked meat and vegetables

Use any leftover meat and vegetables. Chop fine. Heat oil on large skillet. Brown onion and sliced potatoes about 5 minutes, until soft. Add chopped meat and vegetables and mix well. Beat eggs thoroughly in separate bowl and fold into meat and vegetable mixture. Fry at moderate 300° heat about mins., or until brown. Place a large plate, the size of frying pan on top, turn omelet over onto plate and then carefully slide back to frying pan and fry other side for another five minutes. Serve at once. Serves 2 to 3.

SPANISH CAKE

8 egg yolks

8 egg whites

2 tsp. grated lemon rind

2 tsp. almond extract

One and a third cups cake flour

1 $\frac{1}{4}$ cups sugar

1 $\frac{1}{2}$ tbsp. water

$\frac{1}{4}$ tsp. salt

Use a large mixing bowl. Sift $\frac{1}{2}$ cup of the sugar with the flour several times to blend well. Place egg yolks, water, and grated lemon rind in bowl. Beat lightly, add almond extract. Gradually sift flour mixture very lightly over beaten egg yolks, fold in gently.

Place egg whites in another mixing bowl and beat until foamy. Add salt and balance of sugar, beat until stiff.

Pour into a 10- or 12-inch ungreased tube cake pan. Bake in a 350° oven for 45 minutes, or until cake separates from sides of pan. Be careful not to jar cake while baking, as it may become heavy. When cake is done, invert pan on wire rack for about 1 hour until cold. Remove from pan and ice.

WORLD REFUGEE YEAR

the year refugees in Europe will move out of camps into homes

the year refugees from China will make new beginnings in new homelands

the year young Arab refugees will begin to learn new skills for useful work

the year refugees will find new hope in freedom without fear . . .

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Toasts better**

SWEDISH

SWEDISH MEAT BALLS

- | | |
|---|-------------------------------|
| ½ lb. each of beef, veal and pork, ground | 1 egg |
| ½ cup bread crumbs | 3 tbsp. chopped onion |
| ½ cup milk | 2 tbsp. butter |
| ½ cup water | 1½ tsp. salt and pepper mixed |

Melt butter. Add onions and brown. Soak bread in milk and water. Add egg and other ingredients. Shape into balls. Fry until golden brown. Shake in pan until evenly browned. Thicken gravy and add 2 tbsp. cream.

BRUNA BONER (SWEDISH BROWN BEANS)

- | | |
|--------------------------|---------------------|
| 1 lb. brown beans | Salt to taste |
| 4 or 5 tbsp. dark syrup | 1 tbsp. corn starch |
| 4 or 5 tbsp. vinegar | 2 or 3 tbsp. flour |
| 4 or 5 tbsp. brown sugar | |

Soak beans in cold water overnight. Drain, cook in salted water until tender. Add syrup, brown sugar and vinegar. Thicken with flour and corn starch. More sugar, syrup and vinegar may be added if desired. These are sweet-sour beans.

TUNN-PANNKAKA (SWEDISH PANCAKES)

- | | |
|------------------|---------------|
| 2 eggs | 2 tbsp. sugar |
| 1 cup sour cream | 1 tsp. salt |
| 1 cup flour | |

Beat eggs until light. Add cream. Add sifted dry ingredients. Beat thoroughly. Add ½ cup cold water and set in cool place for 1 hour. Fry like pancakes on greased griddle until browned. Serve with butter and syrup or with Graddsas. This is made by whipping 1 cup cream until stiff, then folding in ½ cup jam or jelly.

THE CHILDREN

Today, twenty percent of the European refugee camp population are children under fourteen. If those under nineteen are included, twenty-five percent of the camp population are young people. Their problems are those of their environment, and the only solution is to remove them, with their families, from the camp atmosphere. This is the purpose of the camp clearance programme.

UKRAINIAN

KAPUSNAK

(Sauerkraut Soup)

| | |
|-----------------------------------|------------------------------------|
| ½ lb. pork shank or spare ribs | 3 cups sauerkraut |
| 1 medium onion chopped | 1 tbsp. finely chopped onion |
| 8 cups water | 1 tbsp. fat |
| 1 medium potato, diced | 2 tbsp. flour |
| 1 small carrot, sliced | 1 tbsp. sour cream |
| ½ cup chopped mushrooms, optional | Salt and pepper |
| (fresh, canned or dried) | Chopped dill or parsley (optional) |

Wash the meat, cover with the water, and simmer until tender. With long cooking some more water may be needed. Add the onion, potato, and carrot and continue simmering until the vegetables are done. Remove the meat and press the vegetables through a sieve. Return the meat and the pressed vegetable stock to the kettle; add the mushrooms and sauerkraut. If the kraut is very sour, rinse it in cold water before adding it to the soup. Simmer these ingredients until the kraut is tender, about 20 minutes. If cooked, dried or canned mushrooms are used, add the mushroom liquid to the soup also. Cook the onion in the hot fat until tender, stir in the flour and brown it lightly. Pour some soup liquid into it, stir until smooth, and return it to the soup. Add the cream, season to taste, and bring to a boil. Flavor with the dill or parsley. Serve the meat as a separate course, or place a small slice of it into each bowl of soup.

Tomatoes are also good in this soup.

STUFFED PORK KOTLETY

(Chops)

| | |
|----------------------------|--------------------------------------|
| 4 pork chops, 1 inch thick | 3 tablespoons milk |
| 3 tablespoons lemon juice | ¼ cup chopped celery |
| 1 tablespoon grated onion | 1 tablespoon chopped parsley or dill |
| 2 tablespoons butter | Salt and pepper |
| 1 cup soft bread crumbs | ¼ cup or more sour cream |

Trim off excess fat and remove the bone from the chops. Cut a large pocket along one side of each chop. Sprinkle the lemon juice on the inside of the pockets and on both sides of the chops. Let them stand for 30 minutes to tenderize. Meanwhile prepare the stuffing by cooking the onion in the butter until very lightly browned. Combine it with the remaining ingredients except the sour cream. Mix thoroughly. Pat the chops dry. Fill the pockets with the stuffing and skewer the opening or sew it up. Brown the stuffed chops on both sides in hot fat. Sprinkle with salt and pepper and add the sour cream. Cover and cook in a moderate oven (350°) for 1 hour, or until done. Remove the skewers or string before serving the kotlety. Serves 4.

YABLUCHNYK

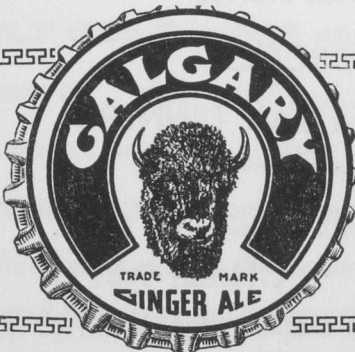
(Apple Cake)

Here is a delicious cake which is easy to prepare. Use this pastry base with pitted cherries or plums, or sliced peaches.

| | |
|---------------------------|-------------|
| 1½ cups sifted flour | 1 egg |
| ¼ cup sugar | ½ cup cream |
| ¼ teaspoon salt | 4 apples |
| 2 teaspoons baking powder | Sugar |
| 1/3 cup butter | Cinnamon |
| | Butter |

Sift the flour with the dry ingredients. Cut in the butter until the mixture is crumbly. Beat the egg and combine with the cream. Stir it into the flour mixture; mix lightly, handling the dough as little as possible. Pat it into a buttered 8x10 inch baking pan. Pare the apples, cut into thin slices, and spread them over the dough. Sprinkle the apples with a mixture of sugar and cinnamon and dot with butter. Bake in a moderate oven (375°) for about 25 minutes, or until done.

NOTES



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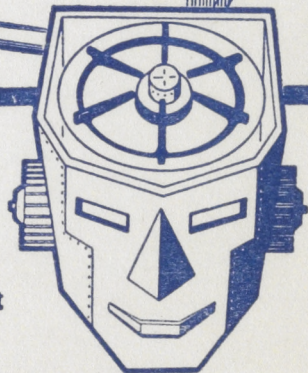
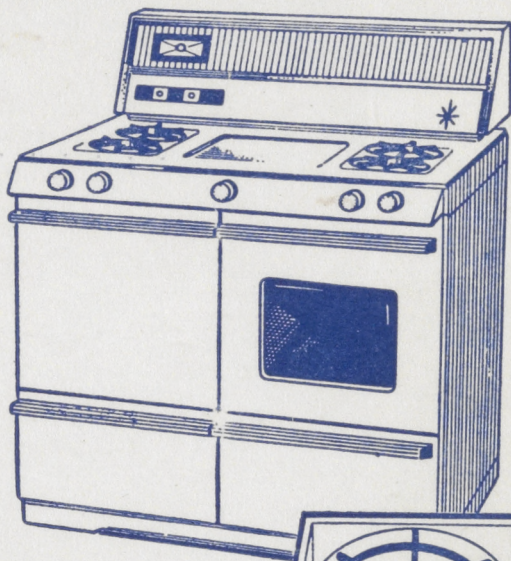
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